

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 04/05/2024

### Times for Sunday 28 April



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Freedom Indoor Cycling	Clubroom	Darren	all levels
9:30 am - 10:30 am	HIIT Conditioning	gym	Darren	all levels
10:30 am - 11:30 am	Kettlercise	dance studio	Frank	all levels
11:45 am - 12:45 pm	Yoga	dance studio	Nadia	all levels